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**User's Manual
Polar Edge NV™**



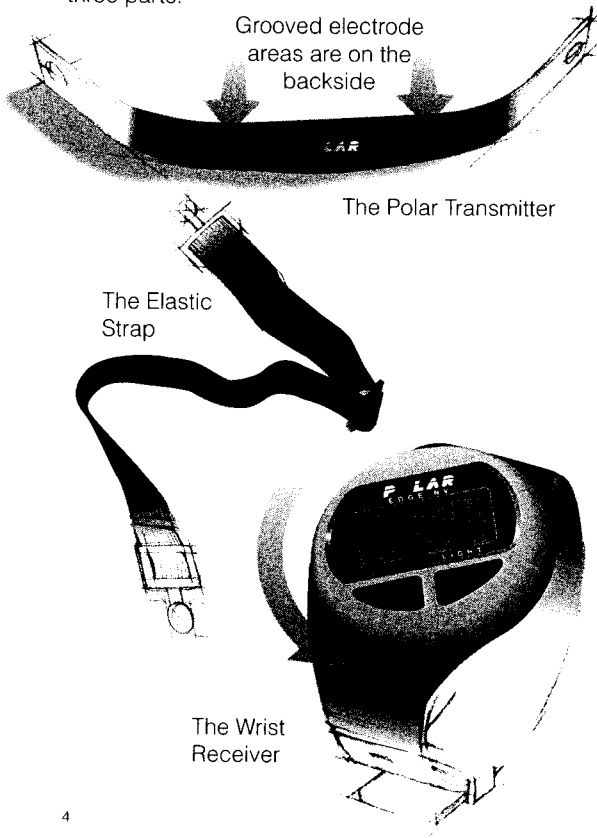
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HOW DOES POLAR EDGE NV WORK?

Parts

Polar Edge NV Heart Rate Monitor consists of three parts:



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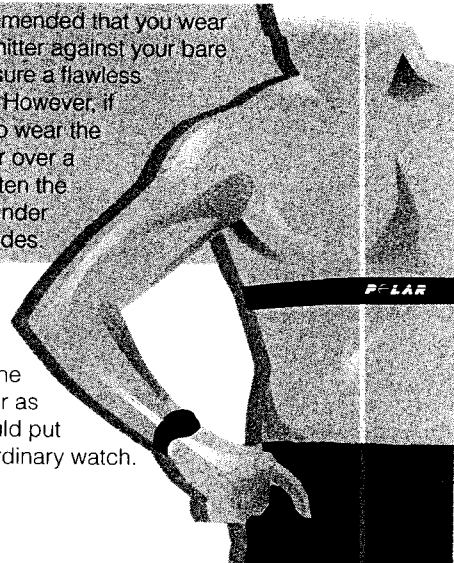
Wearing the Polar Edge NV

1. Attach the Polar Transmitter to the elastic strap.
2. Adjust the strap length to fit snugly and comfortably.
3. Wet the **grooved electrode areas** on the backside of the Polar Transmitter.

The key to flawless operation is to wet the grooved electrode areas carefully.

4. Secure the strap around your chest, below the breasts. Lock the buckle.
5. Check that the grooved and wet electrode areas are against your skin and the Polar logo is in a central upright position.

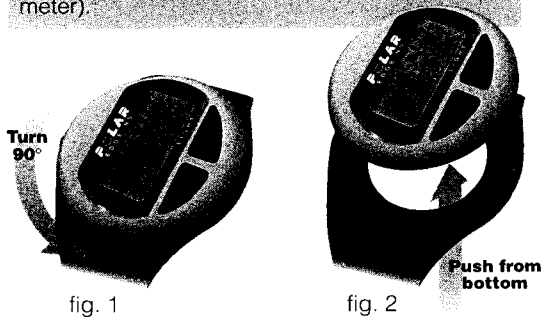
It is recommended that you wear the Transmitter against your bare skin to ensure a flawless operation. However, if you wish to wear the Transmitter over a shirt, moisten the shirt well under the electrodes.



6. Put on the Receiver as you would put on an ordinary watch.

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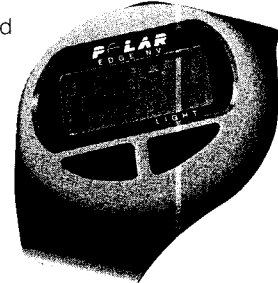
To mount the Receiver module in the Polar Bike Mount, detach the Receiver from the wrist band by turning it as shown (fig. 1) and carefully push it out from the backside (fig 2). Keep the Receiver module mounted within the transmission range (1 meter).



It is important that the electrodes are wet during the exercise. However, after exercising, wash and towel-dry the Transmitter carefully to save the electrodes and battery life.

HOW TO START THE HEART RATE MEASUREMENT ?

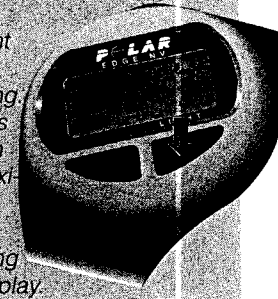
1. Wear the Transmitter and the Receiver as described earlier.
2. Begin with display showing Time of Day.
3. To start, choose from these alternatives:



One touch start: In the display showing Time of Day press and hold the right button of the Receiver for 1 second.

Quick start: In the display showing Time of Day, bring the face of the Receiver near the Transmitter's POLAR-Logo, and wait for a beep signal.

Heart rate measurement starts and heart symbol ♥ starts flashing. Your heart rate (in beats per minute) appears on the upper line in approximately 5 seconds after the beep. Stopwatch starts running in the bottom of the display.

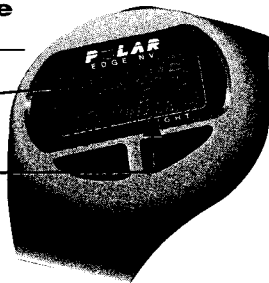


4. You can now start exercising with the heart rate monitor.

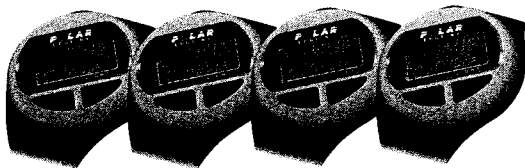
WHAT CAN YOU DO DURING THE HEART RATE MEASUREMENT ?

See the heart rate and elapsed time

1. You can see your heart rate in beats per minute in the upper line of the display and total exercising time in the lower line of the display.



2. You can see blocks appearing in the left side of the display, one block after every ten minutes spent in the Target Zone (between the Low Limit and the High Limit).





3. You can hear a beep after every 30 minutes of exercise in the Target Zone.

Illuminate the display

Press the right button briefly.
Backlight is activated for a few seconds.

Turn on / off the Target Zone alarm signal

1. Press and hold the right button. Release.
Symbol  disappears (Target Zone alarm signal is OFF).
2. Press and hold again. Release.
Symbol  appears (Target Zone alarm signal is ON).

Target Zone alarm signal informs you with alarm sound with each heart beat if your heart rate is outside the Target Zone (above the Upper Limit or below the Lower Limit). See **Setting of Target Zone**.

Note: Also a flashing heart rate reading informs you of being outside the Target Zone.

Check the time of day

Whilst exercising you don't have to press any button to check the time of day momentarily. Bring the Receiver near the Transmitter's POLAR logo, and wait for a beep signal.

The time of day and backlight will be on for a few seconds.

Stop the stopwatch

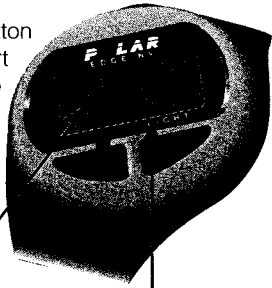
You can see the total elapsed time in the lower line of the display.

1. Press the left button shortly.
The stopwatch stops.
2. Press the left button briefly again.
The stopwatch continues running.

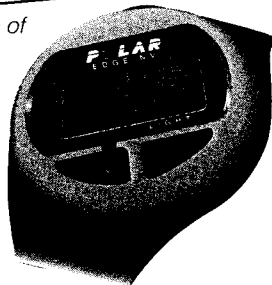
You may need this function for example if you have to stop your exercise momentarily because of traffic lights etc.

Stop heart rate measurement, recall training information and return to Time of Day

1. Press and hold the left button for 1 second to stop heart rate measurement and to recall training information.
Heart rate measurement stops.
Time spent in the Target Zone appears in the upper line of the display.
Total exercising time appears on the lower line of the display.



2. Press the left button briefly to return to display showing Time of Day.
Time of Day appears in the display.

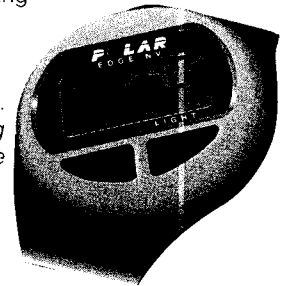


Your last training information is in the memory of the Polar Edge NV until the next time you measure heart rate. To review this last training information, in the display showing Time of Day, press the left button three times. After this, to return to Time of Day, press the left button once. Note: When you start heart rate measurement again your previous training information will be replaced by the new one. You cannot recall the replaced information later.

SETTING THE TARGET ZONE

NOTE: To return to display showing Time of Day at any point in the setting procedure, press both buttons simultaneously.

1. Begin with display showing Time of Day.
2. Press the left button to enter Target Zone setting.
The Upper Limit reading appears flashing in the display.
The upper bar, indicating the Upper Limit, appears in the upper left corner of the display.
3. Press the right button to select the correct value for the Upper Limit.



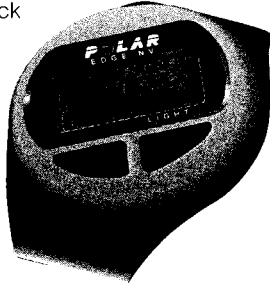
The value for the Upper Limit starts to increase in 5 beat increments.

The digits run faster if you press and hold the right button. Release the button when the desired value is approaching.

4. Press the left button to lock your selection.

The Lower Limit reading appears flashing in the display.

The lower bar, indicating the Lower Limit, appears in the lower left corner of the display.



5. Press the right button to select the correct value for the Lower Limit. The value for the Lower Limit starts to increase in 5 beat increments until it reaches the value of the Upper Limit and starts again from value 15.

The highest possible setting for the Target Zone is 240 and the lowest is 15.

The Upper Limit will not set below the value at which the Lower Limit is set. It may be necessary to reduce the Lower Limit value first and then return to set the Upper Limit.

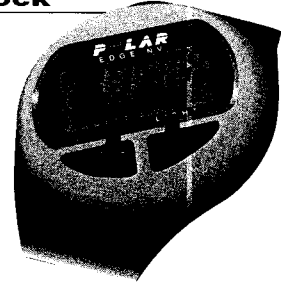
6. Press the left button to lock your selection for the Lower Limit. Your last training information appears in the display.
7. Press the left button to return to display showing Time of Day. Time of Day appears in the display.


SETTING THE WATCH



NOTE: To return to display showing Time of Day at any point in the setting procedure, press both buttons simultaneously.

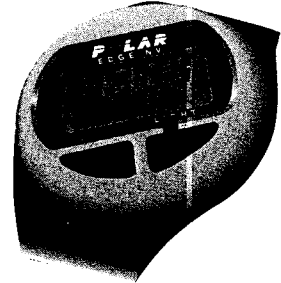
Setting alarm clock

1. Start with the display showing Time of Day.

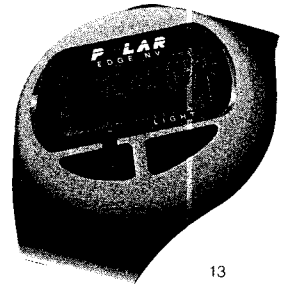


2. Press **both buttons** simultaneously to enter the setting of the alarm clock. Alarm Signal Symbol  starts flashing.

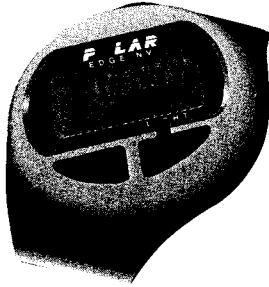
3. Press the right button to set the alarm clock ON/OFF. The alarm clock is ON (symbol  appears) or OFF (symbol  disappears).



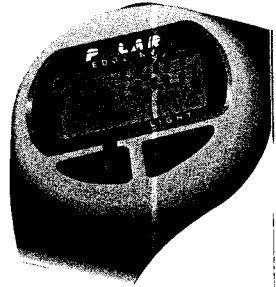
4. Press the left button to lock your selection. The AM/PM starts flashing.



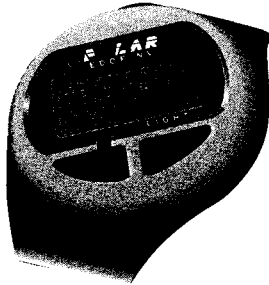
5. Press the right button to select AM or PM for your alarm clock time.



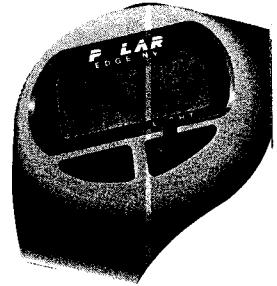
8. Press the left button to lock your selection.
The digit representing tens of minutes starts flashing.



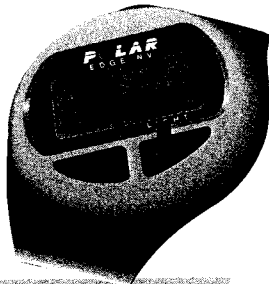
6. Press the left button to lock your selection.
The digits representing hours start flashing.



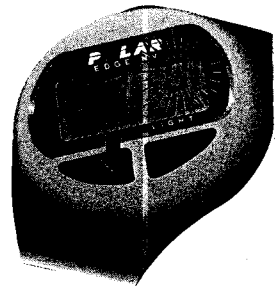
9. Press the right button to select tens of minutes.



7. Press the right button to select the desired hours.

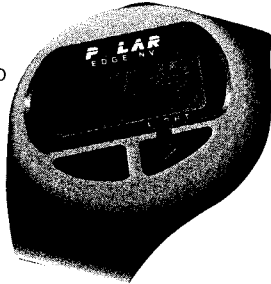


10. Press the left button to lock your selection.
The digit representing minutes starts flashing.

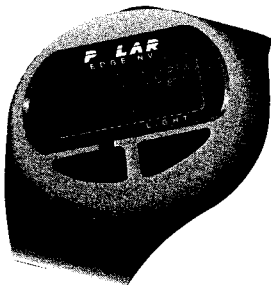


The digits run faster if you press and hold the right button. Release the button when the desired value is approaching.

11. Press the right button to select the desired minutes.




12. Press the left button to lock your selection. The AM/PM of the time of day starts flashing. The seconds of the time of day appear on the display.

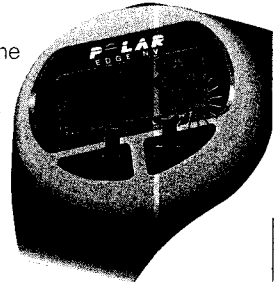


13. To return directly to display showing Time of Day without setting the time of day, press both buttons simultaneously. To set the time of day continue with **Setting time of day**, step 3.

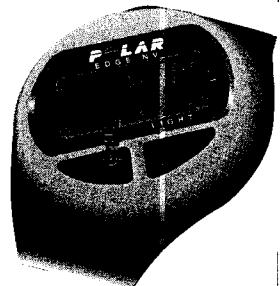
Setting time of day

NOTE: To return to display showing Time of Day at any point in the setting procedure, press both buttons simultaneously.

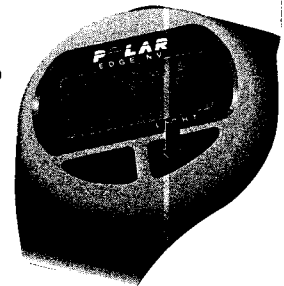
1. With display showing Time of Day, press **both buttons** simultaneously. Alarm symbol , representing the setting of alarm clock, starts flashing.



2. Press the left button 5 times to skip the alarm clock setting. AM/PM of time of day is flashing. Seconds of the time of day are running.



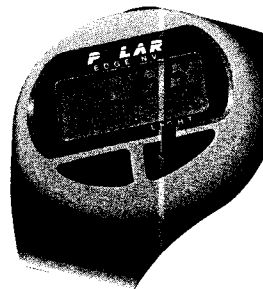
3. Press the right button to select AM or PM for the time of day.



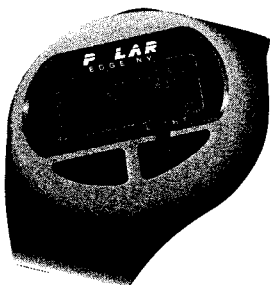
4. Press the left button to lock your selection.
The first digits representing the hours of the time of day start flashing.



7. Press the right button to select the desired tens of minutes.



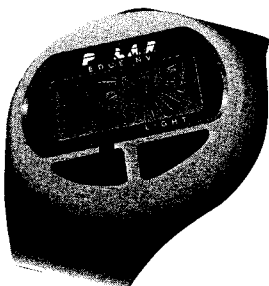
5. Press the right button to select the desired hour.



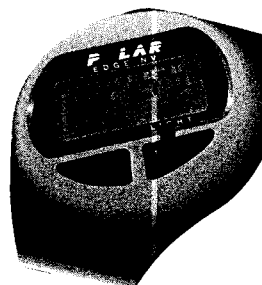
8. Press the left button to lock your selection.
The digit representing the minutes of the time of day starts flashing.



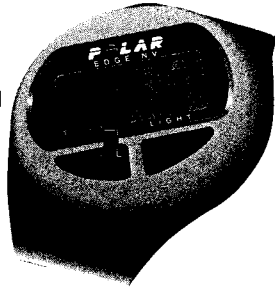
6. Press the left button to lock your selection.
The digit representing the tens of minutes of the time of day starts flashing.



9. Press the right button to select the desired minutes.



10. Press the left button to lock your selection and to restart the seconds.



To return to display showing the Time of Day without restarting the seconds press both buttons simultaneously.

BACKLIGHT

In the display showing the Time of Day you can activate the backlight for a few seconds by pressing the right button briefly.

USING YOUR POLAR HEART RATE MONITOR

Regular exercise helps you to sustain and improve your health as well as feel and look better. The heart rate tells you the exertion level of the body during physical or mental loading. The changes in the heart's beating rate can be followed by a Polar Heart Rate Monitor wirelessly, continuously and accurately during any type of activities. The following steps will help you to get the most out of your Polar Heart Rate Monitor and to achieve your targets.

1. Determine your physical activity readiness

It is important that before starting exercising or prior to using your Polar Heart Rate Monitor, you determine your readiness for physical activity.

Before beginning any type of exercise program consult your doctor

- if you are over 35 years of age
- if you have not been following a regular exercise program during the past 5 years
- if you smoke
- if you have signs of high blood pressure
- if you have signs of high blood cholesterol
- if you have any signs or symptoms of any disease
- or if you use a pacemaker or another implanted electronic device

2. Determine your target

Target: Moderate Activity and Weight Management

Duration: 30 min - 1h (even up to 2 hrs)
Frequency: 3-5 times a week (even daily)
Target group: beginners, sedentary, overweight, rehabilitators

To achieve this target, exercise is easy-paced and causes only slight breathlessness and sweating. Choose this target if your goal is to improve overall wellness and cardiovascular health.

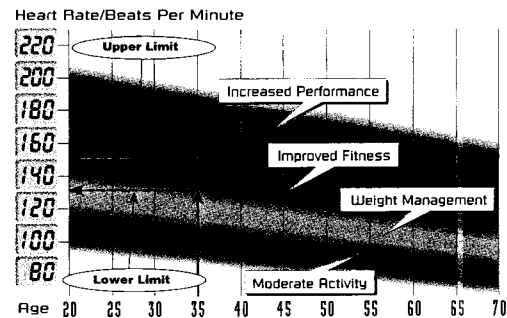
Target: Improved Fitness and Increased Performance

Duration: 30 min - 1 h (even up to 2 hrs)
Frequency: 3-5 times a week (even daily)
Target group: Persons who are already exercising and have no health problems.

To achieve this target, exercise is intermediate or heavy paced and it causes clear breathlessness and sweating. Choose this target if your goal is to increase your endurance capacity and fitness performance.

3. Find the right Target Zone

The following Target Range Chart helps you to keep yourself in the right Target Zone.



How to find the right Target Zone ?

- Locate your age.
- Locate the target, which you just determined. Each target is shaded differently.
- Read up from your age to the target you chose.
- Draw a straight line from the upper edge of the target to the left and you find the Upper Limit of your Target Zone.
- Then draw another straight line from the lower edge of the target to the left and you find the Lower Limit for your Target Zone.
- You have now found your Target Zone. As you exercise, make sure that your heart rate stays within the Target Zone (between the Lower Limit and Upper Limit) you selected to get maximum benefit from your workout.

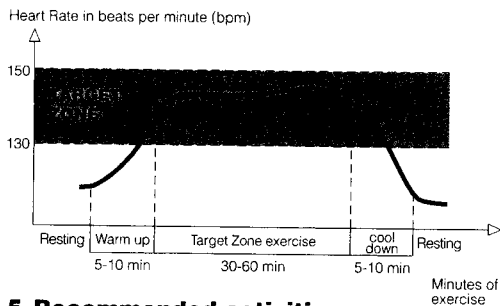
4. Recommended structure of an exercise session

Begin each workout slowly and give your body a chance to warm up for at least 5 minutes so that your heart rate is below your Target Zone. Gra-

dually increase the intensity of your exercise until you are in your Target Zone.

Remain at your Target Zone for a desired time. After that, gradually reduce the intensity of your exercise and let your heart rate fall below your Target Zone with a 5 minute cool down period.

As an example of an exercise session for a 35-year-old person with Improved Fitness as target, please see the following chart.



5. Recommended activities

Select activities that you enjoy and vary your workout. To build a solid base for your cardiovascular fitness, choose **continuous activities** (jogging, running, walking, aerobics, bicycling, rowing...). To improve your muscular strength, muscular endurance and flexibility choose **intermittent activities** (tennis, badminton, football, icehockey, soccer, rugby, hockey, weight training, gymnastics...).

Your Polar Heart Rate Monitor helps you to achieve your personal target. With the Polar Heart Rate Monitor you are able to follow the intensity of your exercise safely, keep yourself in the right Target Zone and stay motivated as you see the improvement.

If in doubt, before any physical activity, consult your physician.

For more information on exercising with a Heart Rate Monitor, see Books on page 30.

PRECAUTIONS

- Do not stretch or bend the Transmitter especially when storing it.
- Do not operate the buttons of your Polar Edge NV Heart Rate Monitor under water.
- Do not store your Polar Edge NV Heart Rate Monitor in any kind of non-breathable material, such as a plastic bag or sports bag. Store it in a dry place.
- Keep your Polar Edge NV out of extreme cold (below -10°C) or heat (above 50°C). Keep out of direct sunlight.
- Do not open the Receiver.
- Do not exceed 20 meters in depth when swimming. Your Polar Edge NV Heart Rate Monitor is water resistant to 20 meters.

CARE AND MAINTENANCE

- Clean the Transmitter with mild soap and water regularly after use to remove dirt. Do not use abrasives such as steel wool or chemicals or alcohol in cleaning as they cause permanent damage to the electrodes. Wipe dry carefully after washing; never store your Polar Edge NV wet.

- Receiver battery and Polar Transmitter should be replaced only by Polar authorized service centre. The estimated average battery life of the Polar Transmitter is 2500 hours of use.
- When your Polar Transmitter battery is depleted, contact your dealer or distributor to obtain a replacement and arrange for recycling of your old Transmitter.

Note: Any service carried out by a party other than Polar authorised service centre during the warranty period voids the warranty.

TROUBLESHOOTING

YOU DON'T KNOW WHERE YOU ARE IN THE SETTING CYCLE

Press both buttons simultaneously and you are back in the display showing Time of Day.

IRREGULAR OR ERRATIC READINGS

Reset the Polar Edge NV:

1. Wear the Polar Transmitter as described earlier in this manual.
2. Simultaneously press both buttons and hold the face of the Receiver **to the Polar logo** of the Polar Transmitter.
Display becomes full of digits.
3. Press the right button once.
You hear a long beep.

Resetting clears the memory and enters the default settings.

NO HEART RATE READING

1. Check that the elastic strap is tight enough.
2. Check that the electrodes of the Polar Transmitter are moistened and that you are wearing it as instructed.
3. Check that you have kept the Polar Transmitter clean. See care and maintenance.

HEART SYMBOL FLASHES IRREGULARLY

1. Check that your Wrist Receiver is inside the transmission range (1 meter).
2. Check that the elastic strap has not become loose during exercise.
3. Make sure that the electrodes of the Polar Transmitter are moistened.

BLANK MONITOR

Have the batteries checked. See Service.

EXTREMELY HIGH HEART RATE READINGS (above 200)

When exercising with your Polar Edge NV Heart Rate Monitor you may come within range of other strong electromagnetic signals, causing the heart rate readings to elevate to abnormal levels. Common sources of electromagnetic signals are televisions, computers, cars, TV antennas, high voltage power lines and exercise equipment that is motor driven. Signals from more than one Polar Transmitter within the 1 meter transmission range will also cause incorrect readings. Check your surroundings and move away from the source of interference.

EXERCISE EQUIPMENT IS CAUSING INTERFERENCE

This interference can usually be overcome by relocating the Receiver:

1. Remove the Polar Transmitter from your chest and use the exercise equipment as normal.

2. Move the Receiver around until you find an area in which it displays no reading. Interference often comes from directly in front of exercise equipment display boards, while to either side of the boards there is no interference.
3. Put the Polar Transmitter back on and keep the Receiver in this interference free area. Continue exercising normally.

TECHNICAL DATA

- battery type: CR 2025
- water resistant to 20 meters

POLAR PRODUCTS, BOOKS AND ACCESSORIES



Polar Vantage NV™



Polar Sport Tester™



Polar Accurex NV™



Polar Accurex® II



Polar Protrainer NV™



Polar Advantage Interface™ with software



Polar Interface with Software



Polar Heart Rate Analyzer



Polar Pacer NV™



Polar Fitwatch™



Polar Favor™



Polar Beat NV

Polar Books and Booklets:

Sally Edwards: The Heart Rate Monitor Book
Dr. Peter J.G.M. Janssen: Training, Lactate,
Pulse Rate
Roy Benson: Precision Running
Ed Burke Ph.D.: Precision Cycling
Ed Burke Ph.D.: Precision Mountain Biking
Ed Burke Ph.D.: Straight from the Heart
Dr. James M. Rippe: Target Your Fitness and
Weight Management Goals
Dr. James M. Rippe: The Polar Fat Free and Fit
Forever Program
Dr. Matthew Brick: Precision Multisport

Polar Accessories

Elastic straps of different lengths
Extra Transmitter for other family members

Ask your local dealer or distributor for more
details.

SERVICE

To insure proper servicing of your Polar Edge NV, please complete and mail the enclosed Warranty Registration Card within two weeks of the date of purchase.

Please remember that the Polar Service is to help you get the most out of your Polar Edge NV Heart Rate Monitor. Should your Polar Edge NV need service, please follow the instructions below :

1. Carefully pack the product with all parts to avoid further damage.
2. Include a proof of purchase (a receipt or its photocopy) if the product is under warranty.
3. Include a detailed description of the problem.
4. Include your name, return address and daytime telephone number.
5. Ship postage prepaid to your dealer or distributor. For contact details see the back cover of this manual.

Any service procedures are recommended to be done at Polar's authorised service centre. Any unauthorised service will void the warranty.

LIMITED POLAR WARRANTY

- Polar Electro Oy warrants to the original consumer/purchaser of this heart rate monitor that the product will be free from defects in material or workmanship for one year from the date of purchase. Please, save the receipt, which is your proof of purchase!
- Warranty does not cover damages due to misuse, abuse, accidents or negligence of the precautions; Receiver battery, improper maintenance, commercial use, cracked or broken cases.
- Warranty is void if repairs are made by persons not authorised by Polar Electro Oy.
- During the warranty period the product will be either repaired or replaced (at your distributor's option) without a charge.
- For more details, please see the warranty card.

DISCLAIMER

This material in this manual is for informational purposes only. The products it describes are subject to change without prior notice due to manufacturer's continuous development program. Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein. In such an event shall Polar Electro Oy not be liable for any damages, direct or incidental, consequential or special, arising out of or related to the use of this material or the products described herein.

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